



The Kauai Marathon and Half Marathon

Final Instructions



KAUAI MARATHON INFO

Sunday, September 3, 2023
www.thekauaimarathon.com

WILCOX HEALTH SPORTS AND FITNESS EXPO - Grand Hyatt Kauai Grand Ballroom

Friday, September 1st from 10am to 6pm
Saturday, September 2nd from 9am to 4pm



MEDICAL AID STATIONS:

Mile 9.2 - Omao Park

Mile 15.4 - Papalina Rd. before
Kukuilono Golf Course (Yamaguchi
Bus Yard)

Mile 11.4 (half) Mile 24.5 (full)
Kukui'ula Bypass



RACE TIMING

We use the ChronoTrack timing system, which allows you to walk away from the finish without the need to have your tag collected. The timing tag is actually part of your race bib. When you pick up your bib, please verify that YOUR name is printed on the bib that you are issued. **Please complete medical information on the back of the bib.**

In order to receive an accurate time, please confirm your bib is...

- **Clearly visible at all times on the front of the torso**
- **Unaltered and unmodified** (Do not fold or wrinkle)
- **Pinned in all four corners**

PLEASE NOTE: All participants in this race must wear their race bib in order to have their times recorded. **Race numbers are not transferable.** You may not cross the finish line without a number.

Bib pick up

Bib pick up is available at the Wilcox Health Sports and Fitness Expo on Friday, September 1st from 10am to 6pm and Saturday, September 2nd from 9am to 4pm at the Grand Hyatt Kauai. You must provide a state or federal issued photo id. If you want to have a friend pick up for you, they need to provide a signed letter from you allowing them to pick up your bib, and provide a copy of your ID as well.

Late bib pick up

Available at the Expo until 4pm on Saturday, September 2nd, and then in the race office, Garden Isle V on Saturday from 4:30-8pm. No bib pick up on race day. State or federal issued photo id required.

Shuttle Bus Service

Shuttles from the Grand Hyatt Kauai begin at 4:00am from the side group entrance and continue **until the last bus leaves at 5am SHARP**. If you miss the final bus, it is a 1.25 mile walk to the start line. Complimentary shuttle service is available from the finish line back to parking areas along Poipu Road, as well as back to the Grand Hyatt Kauai. Shuttle pick up is at Koloa Landing Building 11 parking lot near the finish line festivities beginning at 8:30am, leaving every 20-30 minutes until 1:30pm.

Parking

Parking is available on Kiahuna Plantation Drive past the start line festivities at Poipu Shopping Village. Please follow parking directions provided by race staff and volunteers. Parking is not permitted on Poipu Road.

Restrooms

Restrooms (portable toilets) are available at the Start, Finish and along the course at every aid station. Please treat these areas with respect.

Gear Check

Gear check is available at the start. Your race bib is required to check and claim your bag. Please do not place valuables in your bag, as TKM is not liable for any missing items. You **MUST** pick your bag up before the finish line closes at 1:15pm. Any unclaimed bags are donated to a local charity.

The Start

The races start at 6am on Poipu Road between Keoki's Paradise and Koloa Landing Resort. **PLEASE BE IN THE CORRAL NO LATER THAN 5:30AM. LINE UP ACCORDING TO YOUR ABILITY AND PACE FLAGS -- SLOWER RUNNERS AND WALKERS TOWARDS THE BACK.**

The Course

The half marathon and full marathon start together and share the first 11 miles of the course. At mile 11, the half marathon takes a left turn; the full marathon takes a right turn. The area is clearly identified. Please follow the volunteer's instructions through this area of the course.

Road Conditions

Please see our web site for a full traffic advisory under the “blog” regarding all roadways impacted by the marathon. In many locations you are running with motor vehicles on the course.

Rules of the Course

You must stay within the coned running/walking area. The roads are open to traffic, so please use caution. Remain to the right in all running areas so participants coming from behind have a clear lane to pass on the left. If you stop, please step off of the course. No animals, roller blades or strollers are permitted. **All participants must be able to reach mile 6.7 by 7:45 am (a 16-minute pace) as the roadway needs to re-open. A Race Vehicle shuttle bus will “sweep” the roadway. Any participants still on the road will be driven to mile 9.0 and may continue from there, or be taken back to the finish area. Failure to get on the bus when requested results in disqualification. Full Marathoners must be through 11 miles by 8:50am to continue on Koloa Rd and fulfill the marathon. This is 15:27 pace per mile.**

Aid Stations

Half marathon: Every 2 miles or less; medical assistance at mile 9.2 and 11.4
Full Marathon: Every 2 miles or less until mile 12, approximately every 1 mile thereafter; medical assistance at 9.2, 15.4, 19.3 and 24.5. All aid stations serve cold bottled water and Tropical Mango Powerade. There are portable toilets at all aid stations.

Health Warning

Inadequate training, failure to pace yourself and disregard for the importance of fluid intake have resulted in life-threatening conditions, such as heat stroke, in both experienced and first-time marathon and half marathon entrants. **PLEASE TAKE FLUIDS AT ALL AID STATIONS.** If you begin to experience difficulties, stop and ask for advice or assistance from personnel at the aid stations.

Finish Chute

Upon crossing the finish line, please move through the chute as quickly as possible. Half marathon and marathon runners share the same chute. Please do not talk to the timers while the race is in progress as distractions can lead to errors. Spectators are not allowed in the fenced areas. **Please** do not carry children across the finish line, for their safety and the safety of others. Once you have passed through the finish area, you may not return. If you need medical assistance, please advise anyone in the chute.

Finish Line

Festivities begin at 8:00am on the Koloa Landing Oceanfront Lawn, just beyond the finish line. Great local entertainment, food, refreshments and cold beer for all! There is packaged food, water, iced coffee drinks, and cold Michelob Ultra available for runners and walkers. Gear bags dropped at the start may be picked up at the information tent no later than 1:15pm. The finish line is going to break down beginning at 1pm. The clock is taken down at 1pm.

Medical

There is a full medical tent at the finish area. There is also a band-aid and blister tent and an ice pack tent available to all participants.

Race Vehicles

Should you find that you can't finish the race, please try to make it to an aid station. If you can't make it to an aid station, you may flag down any RACE VEHICLE, which are clearly marked. Should you not complete the race, you will not be given a finisher's medal.

Unofficial Runners

Runners without numbers may not cross the finish line. We urge you to discourage anyone you know who intends to run without a number.

Awards Ceremony

Half Marathon Awards ceremony begins at 9am at the main stage at Koloa Landing Resort. Full Marathon Awards begin at 10:45am. Awards are given for first through third place, as well as for age divisions (under 16 to over 90 years old). Awards will be mailed for a fee if not picked up.

Merchandise

Wilcox Health Sports and Fitness Expo - Grand Hyatt Kauai on Friday, September 1st from 10am until 6pm, or Saturday, September 2nd from 9am until 4pm. Any remaining merchandise will be available for sale at the finish line.

Mahalo to these generous sponsors of The Kauai Marathon and Half Marathon!

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KAUAI RESORT & SPA



Funding provided by Hawaii Tourism Authority through the Community Enrichment Program.

The 15th annual Kauai Marathon & Half Marathon takes place on September 1, 2024.
Registration is available at www.thekauaimarathon.com.